



InShape

West Valley City Fitness and Recreation Center News

Personal Training

Members, don't forget to use your FREE 30 minute fitness evaluation coupon you received upon joining or renewing your membership at the West Valley City Family Fitness Center.

Personal Training Programs Available: Fitness evaluations, body composition testing, individual personal training & equipment orientation.

For more information stop by the front desk or call 801-955-4000.

Adult Co-Ed Kickball League

Registration begins February 1, 2013; Registration deadline is April 29, 2013

Cost:
\$350 per team with a 10-game guarantee.

Season begins May 16, 2013

Call 801-955-4000 or visit www.wvc-ut.gov/fitnesscenter for more information

Kidz Kamp Summer Program

For boys and girls 5-12 years old

Camp runs June 3, 2013 through August 23, 2013

Themed weeks include: Pirates, Western, Superhero, Water, Around the World and much more!

Activities Include: Awesome lunches and snacks, Kidz Yoga and ZUMBA, swimming, rock climbing, super sports and crazy games, arts and crafts, special guests and more!

Field Trips Include: Living Aquarium, Bowling, Ice Skating, Hogle Zoo, Hollywood Connection, Super Summer Movies, roller skating and more!

\$100 per week per child OR
\$24 per day per child
(No refunds or date changes)

Register by Tuesday by Fitness Center close of business the week BEFORE the beginning of each camp.



No late registrations or date changes accepted.

West Valley City Parks & Recreation invites musicians to be part of the



2013 **Live After Five** series on Fairbourne Plaza. The series will run May 24 - Sept. 13 on Friday nights from 6-8 p.m. Contact Nathan Geving for information about the venue and the application process at nathan.geving@wvc-ut.gov.

More information will also be available online at 801-955-4000 or www.wvc-ut.gov/fitnesscenter

T-Ball & Coach Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in baseball.

\$40 per player, includes t-shirt, team & individual photo, and participation award.

May 13 – June 24
Games begin at 5:30 p.m.

Registration due Monday, April 29, 2013

Volunteer coaches needed;
call 801-955-4012 to volunteer.

Summer Soccer Camp

July 8 - 12, 2013

West Valley City Centennial Park

West Valley City Family Fitness Center has teamed up to host the week-long British Soccer Camp. The soccer camp sessions are offered for the following ages:

Ages 3-4	First Kicks from 11 a.m. – 12 p.m.	\$77
Ages 4-5	Mini Soccer A.M. from 9 a.m. – 10:30 a.m.	\$90
Ages 4-5	Mini Soccer P.M. from 5:30 p.m. – 7 p.m.	\$90
Ages 6-9	Half Day Camp from 9 a.m. – 12 p.m.	\$118
Ages 10-16	Half Day Camp from 9 a.m. – 12 p.m.	\$118
Ages 8-16	Golden Goal from 1 p.m. – 3 p.m.	\$40

Each camper will receive a free camp t-shirt, soccer ball, giant soccer poster and an individual skills performance evaluation. In addition, any child who signs up online at least 45 days prior to camp will receive a genuine British Soccer replica jersey (value \$39).

To sign up for the camp, either visit www.challengersports.com or contact Valerie Custer at 801-955-4016 or email at valerie.custer@wvc-ut.gov.

Space is limited - parents are encouraged to sign up in advance to avoid disappointment.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.wvc-ut.gov/fitnesscenter
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

